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Halifax metro

FIFA FEVER KICKS OFF WITH KARINA
metroTALKS



Your essential daily news

THURSDAY, JUNE 4, 2015

High 14°C/Low 6°C Cloudy



'We're all over THE MAP'

Jyotsna Challa, 10, dances as part of a Multicultural Festival launch event at the Halifax Seaport on Wednesday afternoon. More is being offered than ever before at this year's festival, which runs June 26 and 27. Story in [metroNEWS](#). JEFF HARPER/METRO

REPORT

Fighting for food security

Rebecca Joseph
For Metro | Halifax

Halifax is the most food-insecure city in Canada, according to a new report by the Halifax Food Policy Alliance.

The report, Food Counts: Halifax Food Assessment, states that one in five households doesn't have the resources to buy healthy food.

The report was released by the Halifax Food Policy Alliance at a news conference at the Seaport Farmer's Market on Wednesday.

"One of the main things we want people to understand about this report is that our food system is vulnerable in many ways," said Alliance co-chair Aimee Carson.

"So many people in Halifax find it difficult to afford food; some of our farmers find it difficult to make a living."

STORY CONTINUES ON PAGE 4



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Downtown Halifax is seen at night. METRO FILE

BEST PLACES TO LIVE

Halifax falls in rankings

Our city has taken quite a tumble when it comes to the best places to live in Canada, according to a new Moneysense listing.

The magazine released their annual "Best Places to Live" ranking this week, where Halifax fell to 67 compared to 26 in 2014, out of 209 towns and cities.

Looking over the full list, which puts small Boucherville, Que., as No.1 just ahead of Ottawa, Halifax earns check marks for access to health care, ease of bike, walking and transit, and a strong arts and sports community out of 10 other categories — including good weather.

The city's population comes in at 406,590 this year with population change from 2010 to 2015 up 2.1 per cent.

Property tax rose from 2 per cent last year to 2.41 per cent, and 62.8 per cent of homes in Halifax are owned while 37.2 are rented.

Halifax's violent crime severity index is 84.8, while Boucherville's is 63.9. Our median household income runs at \$67,180.

The city saw 78.2 days with a maximum temperature greater than 20 degrees in a year, and our total annual rainfall is 1,313.89 millimetres.

According to the list, 8.6 per cent of Haligonians walk, 1.1 per cent bike, and 12.4 per cent take transit to work. Halifax's unemployment rate sits at 6.71 per cent.

METRO

THE REAR

At the very bottom of the list, Truro comes in at 208 and New Glasgow at 209.

A sweeping success for downtown Halifax

COMMUNITY

Annual event helps clean up city's core

Rebecca Dingwell
For Metro | Halifax

Cambridge Suites employee Trish Julien was cleaning up litter in downtown Halifax on Wednesday, all the while dressed in a red poncho and cowboy hat.

"Jackpot," she said, picking up a black trash bag by a fence on Prince Street.

Julien was taking part in the annual Clean Sweep event, which has been happening in the city's core for more than 20 years.

Including Julien and her co-workers, more than 100 volunteers took to the sidewalks as part of 20 different teams.

"It's very important for our hotel to give back to the community," said Julien, before taking off on her homemade hobby horse.

A fork, an insole and a Reese's peanut butter cup wrapper were just a few of the things picked up from the Halifax streets.

Kimberly Dossett of the Downtown Halifax Business Commission said Clean Sweep shows people their potential impact on the community.



Trish Julien, of the Cambridge Suites Trash Bandits, jokes around before the start of the Clean Sweep. JEFF HARPER/METRO

"We wanted to encourage the corporate businesses downtown to recognize that everyone can make a difference," Dossett said. "Even a cigarette butt is litter."

Other teams were from businesses such as Boston Pizza, Fortis Properties, McInnes Cooper and NSCAD University.

Clean Sweep was also the official kick-off for the business commission environmental team.

The team is a group of eight university students



It is the businesses' responsibility for sidewalk cleaning, but we take that on in the summer on their behalf.

Kimberly Dossett

who are working to provide tourist information and keep the downtown area clean over the summer. Nate Taylor is the supervisor this year.

"Helping Halifax and improving the environment is important to me,"

he said.

Taylor has been part of the team since working with them last summer.

"Clean Sweep itself is important because it gives businesses a look at the environmental team and what we do every day," Taylor said.

TRASH TALK

Some of the items picked up on Wednesday during Clean Sweep:

- broken glass
- cigarettes
- plastic
- a fork
- a shoe insole
- a Metro Halifax newspaper



"We can both work together to keep Halifax clean."

CRIME

Teen charged with robbing store twice in three days

Police say a Halifax teen has been charged with two robberies, both at the same convenience store, over a three-day period.

On May 29 and again on May 31, police were called to a robbery at the Needs location at 6130 Chebucto Rd. in Halifax.

Police say in both incidents a suspect produced a handgun and demanded cash and cigarettes from the clerk working

CHARGES

The youth is facing two counts each of robbery, pointing a firearm, possession of a weapon dangerous to the public and uttering threats.

behind the counter.

Neither clerk was injured

and the suspect fled on foot both times, with money and cigarettes.

On Wednesday, police announced that a 16-year-old boy turned himself into police headquarters on Tuesday evening.

Police also said they recovered a replica handgun that was believed to be used in the robberies.

METRO

ROBBERY

Store clerk refuses to hand over cash

A would-be robber tried — and failed — to grab some cash from a Halifax convenience store around lunch hour Wednesday.

Halifax Regional Police said they responded to Wednesday's call from 486 Herring Cove Rd. at about 12:20 p.m.

Officers learned a man had walked into the store, threatened the clerk with a knife and demanded money.

He took off when the clerk refused to hand over any funds, fleeing on foot towards Sylvia Avenue.

The clerk wasn't hurt and described the suspect to police as a black man in his 20s who was wearing sunglasses, a dark grey Adidas winter toque with a pompon, a light grey hoodie and black pants at the time of the crime.

METRO



Downtown Halifax is seen at night. METRO FILE

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METRO

Food for thought

Rebecca Joseph METRO

Food insecurity means a person is unable to rely on getting healthy food on a regular basis. The Halifax Food Policy Alliance is currently working to make sure everyone in Halifax is food-secure.

Food Count: Halifax Food Assessment is a report released by the alliance that paints a detailed picture of the food system in Halifax. With this new information, the alliance hopes to create a plan on how fix some of the issues identified in the report, and expand on some of the positive food projects that Halifax currently has.

Here are six things you need to know about the food system in Halifax:



Breastfeeding

The most local and sustainable food source for infants in our community is breastfeeding.

While the report stated that more than 50 stores and offices have agreed to create a positive environment for breastfeeding as part of the "Make Breastfeeding Your Business" campaign, it also found that the number of women who choose to breastfeed in Halifax is lower than the national average.

The report also claims breastfeeding is good for the environment because there is less waste produced by infant formula packaging.



Accessibility

A major part of the report focused on whether healthy foods are accessible and physically available to Haligonians, and the findings were not positive.

Data collected by the report showed that there were 37 grocery stores and 12 farmers' markets where healthy, local food could be purchased. However, the majority of the stores were located in Halifax's urban core, meaning the food isn't easy to get for those who live in rural communities within HRM.

But the report did highlight several community food-service programs designed to bring healthy foods to those in need, like Meals on Wheels and school breakfast programs.



Community gardens and education

The food assessment states that food security is enhanced when more people know about the processes involved in the production of food.

Halifax has 41 community gardens, 42 school gardens, six community greenhouses and three urban farms, and projects like these are gaining popularity.

It also states 74 per cent of junior high schools and high schools have classes that relate to the food system, like food science.

The report shows gardens and programs like these are useful in educating people about how the food system in Halifax actually works.



Affordability

The report states nearly 20 per cent of households in Halifax are unable to afford healthy food. And those with incomes under \$20,000 were less likely to meet recommended daily intakes of fruits and vegetables.

There was also a 28.6 per cent increase in the use of food banks in the province since 2008.

Dr. Gaynor Watson-Creed, medical officer of health for Halifax, Eastern Shore and West Hants, said the report brings up "all kinds of questions on the adequacy of income assistance and the adequacy of minimum wage."

Halifax also has a network of community organizations looking for ways to provide food to those in need. The report suggests expanding these programs to make the food system more secure in our region.



Farmers and fishers

Farmers and fishers in our region are two groups of people who can see the direct results of a healthy food system. But officials say many farmers and fishers in our region are having trouble making a living.

The report also points out the average age of the two groups is consistently rising, and that Nova Scotia issued 414 fewer fishing licences in 2012 compared to 2010.

This suggests many farmers and fishers are retiring and no one is replacing them.

Other examples of issues that farmers and fishers face in Halifax are the growing cost of equipment and the small amount of agricultural space in the city, according to the report.



Sustainability

The Halifax Food Policy Alliance report states a sustainable food system is reliant on producing food locally.

It also states an average food item travels close to 4,000 km before arriving in Halifax.

Since Haligonians rely heavily on imports, possible problems could arise in the food system if there were any issues with transportation.

To strengthen the system, the report suggests that the city invest in local farms and food production and protect the Musquodoboit Valley, which it calls the "only remaining prime farmland that is largely unaffected by non-agricultural uses."

The report also highlights the benefits of urban farms in communities such as Spryfield and Cole Harbour.

BUSINESS

Dartmouth eatery closing, Halifax favourites crossing harbour

Dartmouth will be a little less sweet at the end of this month as Nectar Restaurant & Wine Bar closes its doors, but a piece of Halifax will be crossing the harbour to take its place.

On Wednesday, Nectar restaurant posted a release to its website saying Nectar has been sold to new owners and will close June 21.

"We'll miss the daily inter-

THE MONTH AHEAD

Beginning June 8, Nectar will be winding down for the closure and serving dinner and brunch only.

There will also be a weekend jazz series at Nectar on June 19, 20 and 21 as a farewell party of sorts and

an opportunity for people to drop in and say goodbye, the release from Nectar said.

action with the members of Nectar's extended family and our fellow downtown Dartmouth

entrepreneurs. This has been a wonderful experience," co-owner Ian Hurst said in the release.

The Ochterloney Street location will see Halifax favourites The Brooklyn Warehouse and

North Brewing Company team up to bring a "beer-centric eatery" to downtown Dartmouth, a statement on the Brooklyn Warehouse website said Wednesday.

Leo and George Christakos handle The Brooklyn Warehouse, while Peter Burbridge is at the helm of North Brewing. The release said more news will come out about the project this summer.

"With a focus on great food and craft beer, this is sure to be a great addition to an already amazing neighbourhood," the release said.

Ian and Joelle Hurst, Nectar owners, also extended a welcome to the future eatery. Nectar was serving contemporary fine dining in Dartmouth since 2009.

METRO

NEW LEGISLATION

Panel releases accessibility report

The Nova Scotia government will focus on changing public attitudes as it works towards introducing new accessibility legislation, the province's community services minister said Wednesday.

Community Services Minister Joanne Bernard spoke during the release of a report and recommendations from a panel examining accessibility in Nova Scotia.

The report will help form the new legislation, expected to be introduced next fall.

Bernard said promoting inclusion through public education will be a priority for the province over the next year and a half.

"It will help Nova Scotians understand the breadth of the legislation coming forward and really help inform some of the old attitudes," Bernard said Wednesday at a news con-

22
The panel consisted of 22 people from community and government organizations. The public also provided feedback through 11 consultation sessions held across the province last year.

ference at Province House.

"We are in this together and we need to break down the barriers and promote inclusion and acceptance together."

Some of the report's recommendations include making public transportation and all buildings in the province accessible and having equal employment opportunities in workplaces.

THE CANADIAN PRESS

'It's something that I shouldn't have to do'

SAFE SPACE

Woman opens home to women having abortions



Haley Ryan
Metro | Halifax

A Prince Edward Island woman living in Halifax says she won't let online backlash keep her from offering a safe space to those traveling here to have an abortion.

Last Thursday, Chelsey Buchanan posted on Facebook she was willing to open her and her boyfriend's home to Prince Edward Island women who need to have the procedure in a Halifax hospital.

"If I was in (this) situation I wouldn't be able to even consider going over to Halifax," Buchanan said Wednesday.

"It's horrible, because it's something that I shouldn't have to do."

P.E.I. is now the only province where surgical abortions are not performed, but Buchanan said some doctors provide a prescription for a medical abortion.

Buchanan said she wanted to reach out after reading the Sovereign Uterus blog, where P.E.I. women share their experiences of going outside the province to have an abortion. Many often went against doctor's orders



Chelsey Buchanan has opened her home and is offering help to women who are in Halifax to have an abortion. FACEBOOK



Why not give someone another option if they feel like they can't afford it, or feel uncomfortable being alone.

Chelsey Buchanan

and traveled back the same day to save on hotel and food costs, Buchanan said.

"Why not give someone another option if they feel like they can't afford it, or feel uncomfortable being alone," she said.

Buchanan said she would offer a bed, bus tickets, food, and a drive to the clinic to any woman who needs it, but would not ask questions about the abortion unless the woman wanted to talk.

Buchanan said the personal response to her post (which has been shared over 190 times) has been positive, but there have been negative comments on other online news articles where people cite religious beliefs and say what she's doing is wrong.

"We ... agree that we have differences but just keep going on with it," Buchanan said.

Starting July 1, P.E.I. women can also have abortions covered by Medicare at the Moncton Hospital.

Buchanan said this is a "good step," but doesn't solve the main issue, since women would still have to pay their own way to get to Moncton.

"That's still not really what P.E.I. needs ... saying 'You can travel to this other place that's still out of province,'" Buchanan said.

No women have contacted Buchanan yet, but she said she's hopeful some might feel comfortable coming to her after the initial public interest calms down.

Buchanan said she hopes her offer catches the attention of someone in the P.E.I. government or health care system who will work toward offering the service.

POLITICS

NDP criticizes new health authority

Nova Scotia's opposition parties say a business plan for the new amalgamated health authority isn't clear enough on where projected savings are coming from.

Maureen MacDonald, the leader of the NDP, says the Nova Scotia Health Authority's projected \$1.82 billion budget is short on specifics on how it will make savings in comparison to the expenses of nine separate agencies

that existed until the April 1 merger.

The authority has provided a list of savings totalling \$41.5 million in its business plan released Wednesday, including figures on lower executive salaries.

However, MacDonald says the document is too general and it's unclear if the cost savings will also mean a cut in services.

THE CANADIAN PRESS

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Summer of superheroes

Residents are in for an exciting summer at the movies, as the Atlantic Film Festival announced Wednesday that its Outdoor Film Experience will present a Summer of SuperHeroes with 11 free screenings across the city starting in late June and running to the end of August. **Haley Ryan/Metro**

HALIFAX SCREENINGS

Location is at the south end of the Tall Ship's Quay on the waterfront

Spider-Man (2002), July 17

The first of three Spidey flicks starring Tobey Maguire as Peter Parker, this movie about the nerdy student bitten by a genetically modified spider also stars Kirsten Dunst as Mary Jane Watson. 121 minutes. PG.

Superman (1978), July 24

Clark Kent makes one of his first and most iconic leaps onto the silver screen, with Christopher Reeve as the Man of Steel and Margot Kidder as Lois Lane. 137 minutes. PG.



Superman's suit. HANDOUT

X-Men: First Class (2011), July 31

The film brings us back to the beginning of the rift between Magneto and Professor Xavier, when they worked together in 1962. Starring James McAvoy, Michael Fassbender and Jennifer Lawrence. 132 minutes. PG.



Spider-Man crawls along the wharf on the Halifax Waterfront during a photo opportunity to announce the AFF Outdoor Film Experience's Summer of SuperHeroes. JEFF HARPER/METRO

Batman (1989), Aug. 7

Michael Keaton stars as the Dark Knight in this Tim Burton film, which also sees Jack Nicholson as the Joker and Billy Dee Williams as Harvey Dent. 126 minutes. PG.

Guardians of the Galaxy (2014), Aug. 14

Chris Pratt and Zoe Saldana star with Groot and Rocket Raccoon as criminals who team up to stop an evil warrior from taking over. 121 minutes. PG.

The Avengers (2012), Aug. 21

Earth's strongest heroes, including Ironman, The Hulk, Thor and Black Widow come together to fight Loki. 142 minutes. PG.

BEDFORD SCREENINGS

Lego Movie (2014), June 26

A construction worker is recruited to join a quest to stop a tyrant from gluing the Lego universe together forever. 100 minutes. DeWolf Park, Bedford. G.



Donatello of the Ninja Turtles. CONTRIBUTED

TMNT (1990), June 28

A group of turtle warriors emerges to protect New York from ninjas. 93 minutes. Sunnyside Mall. This is also a drive-in movie. PG.

DARTMOUTH SCREENINGS

X-Men: Days of Future Past (2014), July 10

Wolverine is sent to the past to prevent an event that dooms both humans and mutants. 131 minutes. Pondsides Amphitheatre, Dartmouth Crossing. PG.

Men in Black (1997), Aug. 8

Tommy Lee Jones and Will Smith star as agents that protect the world from aliens. 98 minutes. Ferry Terminal Park, Dartmouth. PG.

Incredibles (2004), Aug. 15

A family of undercover superheroes trying to live a suburban life are forced into action. 115 minutes. Pondsides Amphitheatre, Dartmouth Crossing. PG.

+ FESTIVAL INFO

Everything you need to enjoy your cinematic superhero summer

The films begin at dusk, while gates open an hour before each screening. Concessions are available on site, and people are encouraged to bring blankets and chairs to enjoy the huge outdoor screen — capes optional.



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IN BRIEF

Man charged with indecent act near school

An 18-year-old man has been charged with committing an indecent act after exposing himself near a Cape Breton school.

Cape Breton Regional Police said their investigation led them to identify George David MacLeod. According to a media release, the incident leading to MacLeod's arrest was reported by staff from MacDonald Elementary.

Students in the schoolyard allegedly witnessed a man expose himself from a nearby skate park. Police say MacLeod was arrested and charged with an indecent act in a public place and released on a promise to appear in Sydney Provincial Court Aug. 12. METRO

MUSIC

Travis Tritt coming to Pictou County

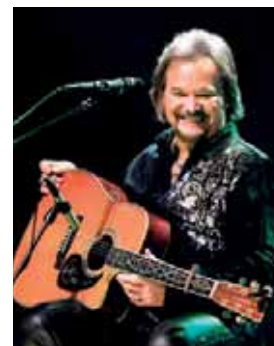
Travis Tritt is gonna put some drive in your country when he rolls into Pictou County in November.

The Pictou County Wellness Centre has announced it's bringing Tritt's "distinctive country and southern rock sound" to the venue on Nov. 1.

They boast it as Tritt's only Nova Scotia show this year.

Tritt, a native Georgian, has amassed more than 25 million in career album sales, two Grammy's and three CMA Awards.

Tickets will go on sale on Thursday, July 2 at 10 a.m. Tickets can be purchased at the Pictou County Wellness Centre box office from 8 a.m. to 4 p.m. Monday to Fri-



Travis Tritt GETTY IMAGES

day by calling 902-755-8870 (ext. 322 or option six) or online at pcwellnesscentre.ca. METRO

More music than ever at MultiFest

ENTERTAINMENT

Festival official emphasizes need to focus on 'emerging communities'

Rebecca Dingwell
For Metro | Halifax

The Nova Scotia Multicultural Festival is introducing some new events to freshen up after 31 years of celebrations.

Ed Savage, project manager for the Multicultural Association of Nova Scotia, emphasized the need to focus on "emerging communities."

The festival will feature a tent for those communities to "showcase some of their culture," Savage said at the MultiFest launch Wednesday.

"There's a lot more music than we've had in the past," festival co-ordinator Sam Nijjar said. "We're all over the map; we'll have every kind of genre."

Leading up to the festival, a series of concerts will take place in various downtown locations, another new feature to the festival this year.

Also new to MultiFest is a Friday Night DJ Dance Party.

The weekend concerts will feature several musical guests

including pop singer Iryna Geras, who is travelling from Poland, and also the Aboriginal hip-hop group City Natives and North Preston's Carson Downey Band.

+ IF YOU GO

The Nova Scotia Multicultural Festival takes place June 26-27 at Halifax Seaport.



Flamenco guitarist Bob Sutherby plays at the MultiFest launch event at the Halifax Seaport on Wednesday. JEFF HARPER/METRO

BIONIC BRACE

Halifax firm puts a spring in sore knees

Anyone who's had a knee injury knows how debilitating it can be.

Chris Cowper-Smith, president and CEO of Spring Loaded Technology, hopes his company's invention will help people better deal with those challenges.

"They have solutions for their pain, they have solutions for stability, but they don't have a solution to go through rehabilitation faster," said Cowper-Smith.

"They don't have a solution to get back on their feet."

Cowper-Smith has been working with Bob Garrish to develop the world's first bionic knee brace technology. In short, it's a spring-loaded knee brace.

"It has a spring-loaded hinge mechanism that loads up energy when the user bends their knees and releases that energy as they extend their legs," said Cowper-Smith.

"The result is a product that can assist leg muscle strength, increase performance, reduce fatigue (and) increase endurance."

Cowper-Smith, 30, is the Nova Scotia finalist for the 2015 BDC Young Entrepreneur Award.

If Cowper-Smith wins the grand prize of \$100,000, he hopes it will help the company during what he calls a "critical time" in the business.

"We've developed our product and we're working out the major technical challenges after two and half years of RND and 15 different designs and four different technologies," said Cowper-Smith.

"We've got something that's going to work, but now we need to get it on the market."

Cowper-Smith is settling



Chris Cowper-Smith with the knee brace invented by his company. JEFF HARPER/METRO

into the new company headquarters in Burnside. However, it took a few years of hard work to get there.

Cowper-Smith was working on his PhD in Neuroscience at Dalhousie University when he met Garrish, his co-founder, who was studying engineering.

With the help of a third friend, they began researching the possibility of their product.

"We came together with the idea because we all had a shared experience with knee injury," said Cowper-Smith.

As an ultimate Frisbee and squash player, Cowper-Smith can empathize with the need for easy mobility.

As the three students discovered in their early research, many people had mobility problems after sustaining a knee injury.

"We wanted to be able to help someone if they couldn't stand up on their own," said Cowper-Smith.

"To be able to go back to doing the things they love in life, if it was an athlete."

REBECCA DINGWELL/FOR METRO

9

Number of entrepreneurs in Canada with products that Spring Loaded Technology is competing against.



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Nova Scotia's Bruce Guthro and his daughter Jodi run through a tune at their Hammonds Plains home last month. Along with musicians Dave Gunning and J. P. Cormier, the singer-songwriters will welcome guests to watch as they organically create music together. The songwriting circle takes place on Friday at Casino Nova Scotia. JEFF HARPER/METRO

Peeking into the musician's mind

BACKSTAGE PASS

Unique event lifts the veil on songwriting experience

Aly Thomson
For Metro | Halifax

Typically when four musicians get together for a jam and a few drinks, it's not in front of hundreds of people.

But a few times a year, Haligonians are treated to an intimate musical performance that takes them inside the mind of a songwriter.

"As an audience member, you get to sit like somebody in the living room of four artists that gather to talk about songwriting and where the songs come

from," said Bruce Guthro of his acclaimed songwriters circles.

"You truly get inside the artist's head and inside the song's birth."

The forthcoming and down-to-earth troubadour has been hosting his acoustic songwriters circles for years.

Another nearly sold-out show featuring Guthro, his daughter Jodi, Dave Gunning and J. P. Cormier is set for Friday at Casino Nova Scotia's Schooner Showroom.

Guthro said it's about lifting the veil on the songwriting process and fostering an

environment in which the songwriter feels comfortable opening up, much to the delight of the audience.

And it's all unrehearsed.

"It's a jam. It's just the impromptu nature of it. There's a realness that you just never get in a standard show," said the 53-year-old veteran musician, clad head-to-toe in black.

In his bright and inviting Hammonds Plains home, it's not hard to tell the Guthros are a musical family.

As light pours through the floor-to-ceiling windows of a sunroom, Bruce and Jodi sit side-by-side on tall bar stools

armed with two acoustic guitars that were picked at random from the plethora of instruments on display around the house.

Bruce meets eyes with his daughter and smiles, their voices composing a rich harmony as their fingers carefully pluck along with the soft ballad.

"I can feel you. Can you feel me in the space around your skin? May this love never go away. Is it waiting in the wind?" the two Guthros croon in unison.

The pair hadn't yet settled on a name for the graceful new love song they recently

co-wrote together.

"It's kind of a weird one to sing with your dad," laughed the youngest Guthro, her long brown hair tumbling over her small frame.

It's that kind of spontaneous humour that forms the glue of the songwriters circles, said Bruce.

"It's not just a music show. It's almost like a comedy show. There's always a fair amount of humour involved because artists are friggin' funny," he joked.

"We always drink a couple bottles of wine. So after a while, everyone's loosened up and laughing. It's a really

+ DETAILS

Bruce Guthro's songwriters circle takes place Friday at 8 p.m. at Casino Nova Scotia in Halifax.

cool experience."

It's Jodi's second time on the bill at a her dad's songwriters circle, and the 20-year-old budding artist is beaming with excitement.

"I feel so privileged to be able to play with such talented musicians," said Jodi, whose older brother Dylan is also a local singer-songwriter.

"I've learned a lot. Not just in terms of playing but learning how to speak on stage and tell your stories and building your confidence."

The stage is in the middle of the room, so as a performer, to feel the audience all around you, it's pretty cool.

Jodi Guthro

It's always very organic. Very off-the-cuff and real.

Bruce Guthro



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PARLIAMENT SHOOTING

Canada 'ill-prepared' for terror attacks: OPP

As Michael Zehaf Bibeau ran toward the Centre Block on Oct. 22, the RCMP had more than one chance to stop him.

An officer in a cruiser could have blocked Zehaf Bibeau's path to the Centre Block but for a woman pushing a stroller who tried to jump into the car for safety.

A radio alert that a gunman was on Parliament Hill was so garbled that no one understood it. And the majority of security forces are stationed inside the Parliament Buildings, not outside. None of the officers stationed on the grounds stopped the gunman before he got through the doors — the result, the RCMP say, of systemic security issues, not human error.

"There is nobody from our perspective that is to blame for this," said RCMP assistant commissioner Gilles Michaud. He added

no one has been disciplined for their actions on Oct. 22.

Yet the events from last October remain a "grim reminder that Canada is ill-prepared" to stop terrorist attacks, with the RCMP suffering a lack of "planning, training and resources" to protect the Parliament buildings, a long-awaited Ontario

Provincial Police report says.

The report says the RCMP's ability to protect Parliament Hill has been stretched by resource issues stemming from budget cuts imposed in 2012 by the Conservative government.

"Fortunately," the report says, "the attacker was unorganized."

Had Zehaf Bibeau been better prepared, "the end results could have been much worse with the likelihood of many more casualties" and "devastating results."

THE CANADIAN PRESS

“There is nobody from our perspective that is to blame for this.”

Gilles Michaud, RCMP assistant commissioner

CAMPAIGN

Mulcair to promise more funds for cities

NDP Leader Thomas Mulcair is promising to give Canadian cities dramatically more federal funding to pay for urban infrastructure, a big-ticket pledge that would help fuel Toronto's transit expansion, Torstar News Service has learned.

Mulcair is expected to make the promise Saturday when he speaks to municipal leaders gathered in Edmonton at the annual conference of the Federation of Canadian Municipalities.

The NDP is proposing to start by giving cities an extra cent of the federal gas tax, which would mean an extra \$420 mil-

+ STRATEGY

Mulcair is expected to use the keynote address to reveal a public-transit strategy, as well as a plan for more affordable housing.

lion a year.

They are vowing to boost funding by \$1.5 billion by the end of their first term, meaning a total of \$3.7 billion a year dedicated to "core infrastructure," according to a draft NDP document.

TORSTAR NEWS SERVICE



Prime Minister Stephen Harper hugs Elder Evelyn Commanda-Dewache, a residential-school survivor, during the closing ceremony of the Truth and Reconciliation Commission on Wednesday in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

Reconciliation must be a priority: Sinclair

ABORIGINAL RIGHTS

Parliament talk focuses on duty to act after report's release

Prime Minister Stephen Harper listened in silence Wednesday as the head of an exhaustive study of residential schools and their dark legacy urged all levels of government to make reconciliation and healing a top priority.

The results of that study demand a political response, said Justice Murray Sinclair, the chairman of the Truth and Reconciliation Commission that was established in 2007 to document the tragic history of residential

schools in Canada.

Harper and Sinclair were among a large gathering of politicians, commissioners, residential-school survivors and members of the aboriginal community who gathered at Rideau Hall to formally close the commission's work. Neither Harper, Aboriginal Affairs Minister Bernard Valcourt nor Environment Minister Leona Aglukkaq spoke at the event.

"The nearly 7,000 people who shared and recorded their experiences and reflections with us have talked about the connections between their residential-school experiences and many things that remain," Sinclair said.

It's the commission's responsibility to share these stories, he continued.

A summary of the commis-

sion's findings, which concluded that Canada's residential-school era constituted "cultural genocide," was released Tuesday. Along with it came 94 extensive recommendations that amounted to a comprehensive overhaul of the Crown's relationship with Aboriginal Peoples.

Since then, the daily question period has been dominated by debate about the extent of the government's duty to act on those recommendations — one of which was to adopt the UN Declaration on Rights of Indigenous Peoples.

And for a second straight day, the government refused to acknowledge the commission's use of the phrase "cultural genocide," despite prodding from the opposition.

“

Canada is one of the only countries in the world where aboriginal and treaty rights are entrenched in our Constitution.

Mark Strahl, junior aboriginal affairs minister

New Democrat Leader Tom Mulcair said an NDP government would put a "filter" on its decisions to ensure they respect First Nations treaty rights and obligations and embark on a "vast consultation" on aboriginal education. THE CANADIAN PRESS

Words of warning from Australia

Australian aboriginal leaders in Alberta this week have a warning for Canadian First Nations celebrating the release of the Truth and Reconciliation Commission report.

Don't get your hopes up, said Adrian Burragubba, leader of the Wagan and Jagalingou Traditional Owners Family Representative Council from the state of Queensland.

Australia held its own inquiry back in the 1990s into the removal of aboriginal children into state-run schools. The process resulted in a massive report and a national Sorry Day. Then prime

You have to make people uncomfortable to make change ... In their comfort lies the continuation of disadvantage for First Nations people.

Adrian Burragubba, Aboriginal leader from the Australian state of Queensland

minister Kevin Rudd formally apologized on behalf of the government.

And that's about it, said Burragubba.

Burragubba, who is in Alberta as part of an international tour to raise awareness about his people's fight

against a giant coal mine on their lands, said the Bringing Them Home report got headlines for a few days, then faded away.

"It's basically an emotional feel-good thing, and people moved on. The general population has this idea that our

culture should be protected, but no one wants to help us out of poverty."

Like Canada's commission, Australia's report examined how aboriginal children were taken from their parents by government, welfare or church authorities and placed into institutional care or with non-indigenous foster families.

The practice lasted from the mid-1800s until the 1970s. The report found that between one in three and one in 10 aboriginal children were removed from their families as a result of government policy.

THE CANADIAN PRESS

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- 1 OM! Cheerleader

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\$10M payment was not a bribe: Sports minister

SOUTH AFRICA

Fikile Mbalula says money was for soccer development

South Africa's sports minister "categorically" denied on Wednesday that the \$10 million paid to former FIFA official Jack Warner in 2008 was a bribe for his help in securing the World Cup.

Fikile Mbalula, however, said he couldn't say what Warner did with the money, which South Africa claims was "above board" and meant for soccer development in the Caribbean region.

What happened to the cash is "another story for investigators.... We don't know," Mbalula said. "We can't account for that."

Mbalula repeated the South African government's denials that the country paid bribes to win the right to host the 2010 tournament, as alleged in indictments from the U.S. Department of Justice. South Africa's government — and former president Thabo Mbeki — first denied any wrongdoing in the bid process last week.

The Justice Department believes that \$10 million was sent by South Africa, through FIFA, to Warner in three wire transfers in 2008 as payback for him and two other then-FIFA executive committee members for backing South Africa in the 2004 vote. South Africa won the World Cup by four votes over Morocco, making the ballots of Warner and his two "co-conspirators" decisive.

Mbalula characterized the \$10 million as an "above board payment" to help the game in



South Africa's sports minister Fikile Mbalula speaks during a news conference in Johannesburg, South Africa, on Wednesday. Mbalula denied that the \$10 million paid to former FIFA official Jack Warner in 2008 was a bribe for his help in securing the World Cup. THEMBA HADEBE/THE ASSOCIATED PRESS

the Caribbean.

Mbalula also insisted that the South African government had not contradicted itself after the emergence of a leaked letter from then-South African Football Association president Molefi Oliphant in 2008 asking FIFA secretary general Jerome Valcke to send the \$10 million to Warner from South Africa's World Cup funds. Oliphant twice specified in the letter



We ... categorically deny that our country and government have bribed anyone to win the rights for the 2010 FIFA World Cup.

Fikile Mbalula, South Africa's sports minister

that the implicated Warner be in control of the money.

"The letter leaked to the media; we don't know why it was leaked in the first place

because that correspondence was above board," Mbalula said, denying it suggested a bribe was paid. "Criminals can explain a bribe very well. I don't know

how bribes work."

South African soccer officials, who were meant to attend the briefing, were absent. The South African Football Association had said Tuesday that former World Cup bid and organizing officials would attend but didn't then explain why they didn't.

THE ASSOCIATED PRESS

+ MORE COVERAGE, SPORTS PAGE 22

CAPSIZED SHIP

China searches for missing people

Chinese authorities deployed scores more divers and a large crane as they escalated efforts Wednesday to recover more than 410 people believed to be trapped inside an overturned river cruise ship.

The capsizing late Monday of the multi-decked Eastern Star in the Yangtze River is on track to become the country's deadliest maritime disaster in seven decades. Chinese authorities have launched a high-profile response while tightly control-

ling media coverage. Premier Li Keqiang, the country's No. 2 political leader, has travelled to the disaster site in the Hubei province county of Jianli, where he urged "all-out" 24-7 efforts.

Chinese state broadcaster CCTV said the bodies of 26 victims have been pulled from the boat. Fourteen people survived, some of them by swimming ashore and three by being pulled out of the ship by rescuers on Tuesday.

THE ASSOCIATED PRESS

IN BRIEF

Man who flew gyrocopter to the U.S. Capitol says his employer wants to fire him

A man who flew a gyrocopter through some of America's most restricted airspace before landing at the U.S. Capitol says his employer, the United States Postal Service, is taking steps to fire him. Doug Hughes said Wednesday the agency intends to fire him for "unacceptable conduct" in the wake of his April 15 flight to call attention to campaign finance reform. THE ASSOCIATED PRESS

AIRSTRIKES

10,000 ISIL fighters killed: U.S. official

A U.S. official said Wednesday that more than 10,000 Islamic State of Iraq and the Levant (ISIL) fighters have been killed by American-led airstrikes in Iraq and Syria in nine months, offering a body count for a campaign that has yet to blunt their advance.

Deputy Secretary of State Tony Blinken's figure came after a Paris conference on how to stop the extremists ended without any new strategy to halt their campaign. It also

comes months after the Pentagon dismissed such counts as "simply not a relevant figure" in the fight against ISIL.

Meanwhile, ISIL launched a major attack on the predominantly Kurdish city of Hassakeh in northeastern Syria, according to activists and Syrian state media.

Speaking Wednesday to France Inter Radio a day after the Paris conference, Blinken said the airstrikes have been effective. THE ASSOCIATED PRESS

BOSTON

Suspect not shot in back: Leaders

A leader of Boston's African-American community said Wednesday that a police video of the fatal shooting of a terror suspect makes clear he "was not shot in the back."

Darnell Williams, head of the Urban League of Eastern Massachusetts, said after viewing the video that he could "150 per cent corroborate" the police account of how the officers engaged with Usaama Rahim.

Boston Police Commissioner William Evans said officers confronted him because "military and law-enforcement lives were at threat."

Rahim had talked with another suspect about "committing beheadings" and "harming police officers," a law-enforcement official familiar with the investigation said.

The official was not authorized to release details and spoke on condition of anonymity.

Rahim was shot because he was menacing the officers with a large military-style knife that he refused to drop, Evans said.

Williams said the images make clear that Rahim "was not on a cellphone and was not shot in the back," two "inaccurate" allegations made by the dead man's brother, Ibrahim Rahim, who is a prominent Muslim scholar.

Williams said he's not ready to say the shooting was justifiable, and a Boston Muslim leader, Imam Abdullah Faaruuq, called the video "inconclusive." He agreed that Rahim wasn't shot in the back but said the images are of poor quality and it wasn't clear whether police had to use deadly force.

Usaama Rahim had been under surveillance by a Joint Terrorism Task Force and spreading online propaganda for ISIL before he was shot and killed on Tuesday, said U.S. Rep. Michael McCaul, who chairs the House Homeland Security Committee.

The task force was investigating Usaama Rahim because he had been "communicating with and spreading (ISIL) propaganda online," the Texas Republican said. "These cases are a reminder of the dangers posed by individuals radicalized through social media."

Authorities quickly showed the video to African-American and Muslim community leaders in an effort to dispel rumours about the confrontation. The meeting Wednesday "was all about pulling the community together," Boston Police Commissioner William Evans said.

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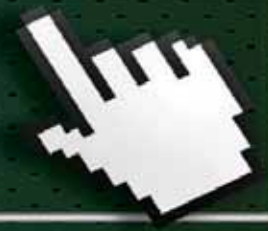
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Business | metro NEWS

U.S. city leaders keen on sharing economy

PEER-TO-PEER SERVICES

But two-thirds are worried about safety, survey finds

American cities are enticed by the economic growth and services that "sharing economy" companies such as Airbnb, Uber and Lyft can offer, but officials are anxious about safety in a largely unregulated realm, a city advocacy group found in a study released Wednesday.

Nearly three-quarters of city leaders said they want to see the "sharing" sector grow, according to National League of Cities survey responses from 245 leaders of municipalities large and small.

Yet nearly two-thirds said they were concerned about the safety of using apps and websites that let everyday people

rent out rooms, arrange car rides and provide other services to strangers. More than half the cities said they imposed no rules on "sharing" players, though their traditional counterparts — like hotels and taxi companies — often are regulated.

While 71 per cent of cities said they supported sharing-economy growth, leaders embrace ride-hailing apps more readily than short-term home rentals, by 66 per cent to 44 per cent. In general, cities see the biggest benefits as improved services (rated No. 1 one by 22 per cent) and economic expansion (20 per cent). Smaller numbers cited entrepreneurship, efficiency, tourism and constituents' enthusiasm.

Sixty-one per cent of cities said safety was their top concern about peer-to-peer services. Just 10 per cent or fewer named any other potential problem.

THE ASSOCIATED PRESS



While the traditional taxi industry opposes ride-share companies, most of the 245 U.S. city leaders polled said they want to see the "sharing economy" grow. SCOTT OLSON/GETTY IMAGES

MUSIC

Apple set to launch streaming service

Apple is reportedly ready to unveil its new streaming music service next week at the company's annual Worldwide Developer Conference.

Reportedly called Apple Music, the new product is based on the Beats Music service, which the company acquired in August 2014 for \$3 billion US.

While it feels like Apple is arriving late to a market, there is still a large opportunity. Market leader Spotify claims 60 million users worldwide, but only 15 million of those are actually paid subscriptions.

By comparison, there are more than 800 million iTunes accounts, which gives Apple a huge amount of leverage. The company is hoping to convert its customers who download music into music streamers.

But that's a tall order. Apple Music reportedly will cost \$10 a month (like Spotify Premium or Deezer Premium), meaning a year of streaming would cost \$120. According to the Wall Street Journal, of the 110 million iTunes users in the U.S., most currently spend only about \$30 on the service.

TORSTAR NEWS SERVICE

IN BRIEF

Families' net worth up 73%

Statistics Canada says the average net worth of Canadian families rose 73 per cent between 1999 and 2012 to an average of \$554,100 from \$319,800. The top 20 per cent saw their net worth rise 80 per cent, climbing from \$721,900 to \$1,300,100.

THE CANADIAN PRESS

market minute

	DOLLAR 80.30¢ (-0.29¢)
	TSX 15,154.68 (+49.94)
	OIL \$59.64 US (-\$1.62)
	GOLD \$1,184.90 US (-\$9.50)
NATURAL GAS: \$2.634 US (-6.4¢)	
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CHANTAL HÉBERT: ON TRUTH AND RECONCILIATION



“Did I mention an inspiring ceremony and more than a few solemn commitments followed the (1996) Erasmus-Dussault report? To look at this week’s headlines and the fresh start they allude to is to take a trip back in time.

Underwhelmed by Prime Minister Stephen Harper’s noncommittal response to the remedial prescriptions of the Truth and Reconciliation Commission? Consider this: When Jean Chrétien was handed a similarly devastating royal commission report, it took him a year to respond with a formal apology for the mistreatment of Canada’s aboriginal peoples.

It was another seven years before the ruling Liberals put together a comprehensive action plan.

Set up in the dying days of Brian Mulroney’s tenure, the royal commission headed by George Erasmus and René Dussault spent five years on the report it handed the Chrétien government in 1996.

At 4,000 pages, it set a royal commission record as the most voluminous of its kind.

There were suggestions this week that the Truth and Reconciliation Commission — with 94 recommendations — has taken on more than anyone could chew. But Erasmus and Dussault had 400 recommendations.

As a measure of progress, the lesser number of prescriptions of this week’s commission report is a red herring. The two commissions came at the issue from different angles and there were 20 years between them, but their core findings are depressingly similar.

Did I mention that an inspiring ceremony and more than a few solemn commitments marked the politically well-attended publication of the Erasmus-Dussault re-

port? To look at this week’s headlines and the fresh start they allude to is to take a trip back in time.

The fiscal climate was not auspicious for the 20-year plan the Dussault-Erasmus commission put forward in 1996. The federal budget was still awash in red ink. The report came a year after the Quebec referendum, at a time when the Chrétien government had its hands full with the unity file.

It was almost another decade before the federal government under Paul Martin teamed up with the provinces and the aboriginal leadership to come up with a comprehensive response.

By that time, Canada has raked in budget surpluses for a number of years. Among other things, the ruling Liberals delivered tax cuts for all, a new child benefit for families, a major reinvestment in health care and seed money for a national child-care initiative before they turned their attention to the aboriginal file and the 2005

negotiation of the Kelowna Accord.

At that point, they were on their last legs in power. Martin’s minority government took the Kelowna Accord to its opposition grave a few months later.

All comparisons have limitations, but the repeat false starts on the aboriginal front — which also include at least two failed constitutional attempts — stand in sharp contrast with the energy marshalled on other Canadian game-changing policies.

Take Canada’s transition to linguistic duality.

Alarmed by the rise of Quebec nationalism, Prime Minister Lester B. Pearson set up the royal commission on bilingualism and biculturalism in 1963.

In an interim report published in two years later, it drew a less than flattering portrait of the country’s linguistic landscape and the second-class status of the French language and those who spoke it in Quebec and elsewhere in Canada.

By the time of its official report in 1969, Parliament

was already moving forward with the Official Languages Act. Ontario had set out to expand its French-language school system. The first French immersion schools were about to open.

Or take, on another front, the social policy revolution that was the introduction of a national medicare system in the 1960s. It took about a decade for Canada to implement it in every province.

As comprehensive as the recommendations of the Truth and Reconciliation Commission may be, is anyone really arguing that their implementation would require more heavy lifting than that involved in putting French on a more equal footing with English within Canada’s institutions and education systems?

Their price tag pales in comparison with the start-up cost of a coast-to-coast universal health-care system.

This is a federation that has largely managed to talk its way out of serious unity challenges and come up with an intercultural model that, while not perfect, works better than most.

But at the same time, inertia has increasingly become the default response of governments to both emerging and enduring challenges.

And that begs one question: When did Canada lose the political will to change its ways?

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

The Briefcase is a twisted new low for reality television

“What would you do if \$101,000 landed on your doorstep?”

That, in a honey-toned voice-over, is the premise of a new reality TV series that makes me want to puke.

The Briefcase exploits families in financial hardship by offering them money, and then forcing them to choose whether to be generous and give the cash to others who are also struggling.

“They’ll learn it’s not the money, but the journey that will teach them what they value most,” the voice-over intones.

What a twisted new low for reality TV.

Disclaimer: I don’t like watching obese British teens hunt in a Borneo jungle (Can Fat Teens Hunt?) or Swedes navigate life without democracy (Dictator).

But I get that many people do. Reality TV shows were three of the top five programs watched in Canada in late May, according to Numeris. That’s despite a ratings dip in the U.S., where slick dramas are pulling in top advertising dollars.

“Reality TV isn’t going anywhere,” Stuart Cox, a reality TV producer and owner of Antica Productions, told me, “mostly because people watch it.”

That’s true for The Briefcase, which drew 6.87 million viewers to its premiere last

week, according to AdWeek.

“Like it or not, there’s some entertainment value,” said AdWeek editor Lisa Granatstein.

I definitely do not like it. But this isn’t a hate-on for all reality TV. I don’t, as Cox describes the non-viewers, “assume it’s an incredibly vulgar, demeaning thing that’s corroding our culture.”

“(It) actually deals with a lot more facets of the modern condition more quickly than scripted (TV) can,” he argues.

The most popular shows also “play up the dignity of ordinary people and have more of a redemptive narrative,” he said.

The Briefcase is certainly angling for redemption, mixing sentimental guitar riffs under people crying at the thought of financial stability. But it won’t work.

Reality shows create a moral universe, Cox noted, and the Briefcase’s universe is way off.

In it, poverty’s ills aren’t alleviated by health care, jobs or housing — but by a generous heart. In it, the only truly good people are the monk-like selfless poor.

That is crazy, especially since CBS, which makes the show, took in \$13.81 billion in revenue last year.

For the low price of \$101,000 per family, CBS hopes to be even richer.

Don’t help it. Watch MasterChef instead.

THE MICROTREND: Turning off the tap



Californians cut their water use **13.5 per cent** in April compared to the same month in 2013 — impressive, but short of the target of up to **36 per cent** in some communities.

By law, businesses, farms and families are all watching their water use. Mandatory restrictions are in place to help the state get through the worst drought in its history. THE ASSOCIATED PRESS

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IT TAKES A WISE MAN TO RECOGNIZE A WISE MAN.





The casual revolution

It's fashionable to be comfortable ... call it 'comfortcore'

EVA LAM/METRO

Who says you have to suffer for fashion? "Comfort" is the buzzword in style these days — comfortcore, if you will — as more and more women choose to kick up (and off) their heels in oversized knits, drawstring bottoms and the ever-practical sneaker.

"Casual and 'athleisure' have taken on a life of their own," declared the NPD Group in a report showing a one per cent increase in total U.S. apparel, foot-

wear and accessories sales from 2013 to 2014 — an additional \$2 billion the market researchers attributed largely to growth in sales of activewear, athletic performance footwear, and bags.

The spillover of the dressed-down look from the gym to the streets reflects a change in the way we look at fitness and health, says Alexandra Grant, fashion and lifestyle blogger at To Vogue or Bust. "Fitness and health

have had this almost renaissance in terms of being stylish," she says, and back in vogue is the athletic body type exalted in the '80s and early '90s before the waif fad took hold. "I think as health in general and a healthy body type has had a resurgence, people are also celebrating that sort of casual dress that goes with it."

So how does one do comfortcore? Here's a roundup of essentials:



3 Summer of the sneaker

It's more fun hitting the hot pavement in a sturdy pair of kicks — and it's an easy look for comfort-core beginners, too. "If you would typically wear ballet slippers with skinny jeans and a leather jacket, you can just swap in your New Balance sneakers," says Grant. Pairing high-tops with a flouncy sundress also offers a contrast that gives the outfit a visual pop.

>> **Chuck Taylor All Star '70 by Comme des Garçons Play x Converse, \$155 (available in mid-June)**

5 They've got you covered

Did someone say granny panties? That's right — the comfort-core movement is underway among undies too, with a burgeoning market for fuller, high-waisted styles.

>> **Feminist underwear by Me and You, \$25 US**



1 Cargo and go

The military-style jacket offers coverage against the elements and a relaxed feel — but don't go overboard with the rugged theme. As Grant says, "The best way to do (the athleisure trend) is to really not alter the rest of your look at all; just infuse one piece at a time." Matching a boxy jacket with a sleep top and heels will ensure you look ready to hit the boardwalk, not the barracks.

>> **Intrepid jacket by Gentle Fawn, \$145**

2 Room to breathe

The skinny pant may be ubiquitous, but when it comes to comfort, it's hard to beat the drawstring pant — loose-fitting, lightweight and, best of all, adjustable. Go from lounging on the couch to stepping out for brunch in a cinch, pun intended.

>> **Mojave pant by Gentle Fawn, \$105**



7 Neat little package

Accessories are keeping it casual, too. "Incorporating a backpack into your look is really on-trend right now," says Grant. "It encourages you to move a bit more — get on your bike and look stylish while doing it."

>> **City backpack by Herschel Supply, \$49.99**



4 That '80s look

Like the jumpsuit and prodigious shoulder pads before it, the slouchy sweater has risen from the neon-coloured ashes of the MTV decade. "I love the look of oversized, sort of '80s-inspired sweaters, just the really classic grey fleece ones," says Grant. She suggests pairing it with leather leggings in the winter, and in the summer, a feminine skirt or shorts — anything with "that kind of delicate touch to it, to give it a nice balance."

>> **Aloma crew sweatshirt by Roots, \$74**

6 Layers, layers, layers

According to Grant, a big part of making the gym-to-street look work is layering. Besides the functionality of being able to quickly transition between settings, it also adds visual interest, she says. A favourite athleisure piece of Grant's is the sports bra, which she likes to pair with a sheer low-cut tank top, or a high-waisted skirt with a jacket thrown over top.

>> **Lane Racerback Bra by Cory Vines, \$36**



Fan fic that gives a royal fug

SUMMER READING

Fug Girls take Will and Kate's romance for a novel romp

Henrietta
Walmart
Metro | Life

When a little Kate Middleton fan fiction sweeps you off your feet and leaves you curled up on the loveseat binge-reading for the better part of the first gorgeous long weekend of the year, you know you've found the perfect summer read.

That was me on Victoria Day weekend, being royally entertained by *The Royal We*, a fictionalized recap of a decade-long royal romance, on a holiday honouring a 19th-century royal.

Leave it to Heather Cocks and Jessica Morgan, the "fashion assassins" behind the delightfully snarky celebrity style blog *Go Fug Yourself*, to take the most talked-about romance of this century and twist it into a page turner of a novel. (Full disclosure: I once tweeted @fuggirls a photo of Kate looking impossibly elegant mid-air while playing field hockey in a tartan McQueen coatdress.)



Cocks and Morgan's *The Royal We* (Grand Central Publishing, \$29) reimagines Will and Kate's story with American exchange student Rebecca as the commoner who finds herself falling for Prince Nicholas, heir to the British throne, when she spends a year at Oxford.

The idea of turning a fairy tale come true back into fiction arose organically out of a conversation the authors had with their agent, Morgan says, in a phone interview from Los Angeles.

"At the time we were just shooting the breeze talking about Kate Middleton. She makes everything look very



Kate and William on their wedding day. GETTY IMAGES

easy, but we were saying that the reality can't be easy. It must be very difficult to live in that bright a spotlight," says Morgan.

"We started talking about how surreal it must have been for her to go from being a wealthy person — but a very regular middle-class, civilian girl — to being married to Prince William and what that transition must have been like for her."

The Royal We is based on Kate and William, she says, "but once we started writing it, Nick and Bex became their own people for us. We used the main signposts of their relationship but, obviously, none of us really know what happens behind closed doors."

"Because so much of the book is about their private life I think we felt very free to just start making stuff up."

"I think if William and Kate were to read the book — which obviously I hope they're reading it right now," Morgan says, laughing, "I think they would like it."

"It's a sympathetic take on what they go through, actually."

The Royal We is the first adult novel for Cocks and Morgan. In addition to creating *Go Fug Yourself*, the duo have also co-authored two young adult books, *Spoiled and Messy*.

The pair met online when they were both writing for *Television Without Pity*, now defunct, but in the early 2000's the big clearinghouse for recaps on the Internet.

When Heather got a job in Los Angeles, Morgan says, "I was like, I'll take you out for a drink, and I did. The rest is history. We really hit it off. We've been friends ever since."

And co-writers.

"People wonder how we do it," says Morgan. "For us it really doesn't feel that unnatural simply because we've worked together for so long."

"We have the whole book plotted out very, very carefully. And then we trade. I will write

until I get sick of writing, working on a couple of chapters," says Morgan. "Then I'll give it to Heather."

"Heather will edit what I wrote, and then she'll write a big old chunk and she'll send it back me, and we'll start the cycle all over again," she says.

"You don't want to get your writing partner's chunk back and realize she's killed off some-

“

We felt very free to just start making stuff up

Co-author Jessica Morgan

one you need for later," Morgan says, laughing.

That attention to detail not

only grounds the story but gives *The Royal We* its zing. Bex and Nick bond over junk treats and Netflix binges of a trash TV show, long before she falls for him. That the course of their love doesn't run smooth is a given. It's the naughty and darker bits that are unexpectedly nice.

The Royal We is a confection of a tale, but a satisfying one, a

romantic romp carried by Cocks and Morgan's storytelling.

Morgan says they will write another novel.

"We're still coming out of our fog. We're still living in our fictional land, so we haven't really nailed down what we're going to do next," she says. "Definitely we'll write another book, absolutely, but we don't know what yet."

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Chris Brown is a bad passenger

SMH

Singer berates 'old ass' flight attendant, tries to hotbox plane

IN HOLLYWOOD

Ned Ehrbar



Chris Brown. ALL PHOTOS GETTY/ASSOCIATED PRESS

Chris Brown really needs to work on his people skills.

In the latest round of faux pas by the embattled singer, Brown reportedly made life hell for the crew of a private jet.

The singer apparently was "smoking a ton of pot" despite FAA regulations and requests he stop, according to *Us Weekly*.

"He blew smoke at a flight attendant and said, 'I paid \$60,000 for this jet, so I own it and everyone inside,'" a source says.

He also took aim at another flight attendant: "He told her, 'What is your old ass doing here anyway? I like to have the help be people I'd actually like to f—,'" the source adds.

Charming, that one.

Also, Chris? Hotboxing a jet and being a jerk to the crew is basically where Justin Bieber was behaviour-wise more than a year ago, so step up your game.

And another thing, someone needs to tell him

that a private jet — not to mention the people inside — costs much more than 60 grand, so really he was more renting everyone inside of it.

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ONCE A CHEATER...

Stripper advises Jennifer Garner to 'run' from Affleck

How do you know your marriage is in trouble? When a stripper purported to be involved in your husband's last big breakup is chiming in — on the record, using her real name — about how you should kick him to the curb.



"I can't say I'm surprised," Tammy Morris tells the *National Enquirer* when told about rumours that Ben Affleck and Jennifer Garner are headed for a split.

"I believe 'once a cheater always a cheater.' My advice to Jen is: Run!"

Morris gained some notoriety 12

years ago when she went on the record claiming Affleck had cheated on then-fiancée Jennifer Lopez with her.

For her part, Morris is really just disappointed in Affleck, which is kind of the icing on the cake here.

"I was really hoping Ben had turned his life around," she says. "He married the all-American girl. It's too bad he couldn't make it work." Oof.

A DEADLY ADOPTION

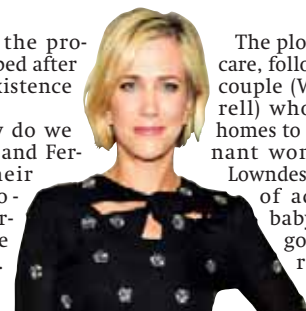
Wiig's Lifetime movie back on

Don't worry, fans of ridiculous camp, that top-secret Lifetime movie starring Will Ferrell and Kristen Wiig that wasn't going to happen is apparently actually going to happen again. And soon.

A billboard for *A Deadly Adoption* featuring the two stars popped up in L.A. this week with an airdte of June 20, despite claims by Ferrell

in April that the project was scrapped after news of its existence leaked.

So not only do we still get Wiig and Ferrell doing their best melo-dramatic over-acting, but we get it soon, too. Score.



The plot, in case you care, follows a married couple (Wiig and Ferrell) who open their homes to a young pregnant woman (Jessica Lowndes) in the hopes of adopting her baby, but things go terribly, terribly wrong, naturally.

I AM CAIT

E! releases promo for Caitlyn Jenner documentary series

The E! Entertainment network says its documentary series on Caitlyn Jenner premiering next month will be titled *I Am Cait*, and is showing a promo video for the series depicting her applying makeup.

The Olympic champion is featured in an eight-episode series depicting her transition from

a man to a woman that will debut July 26.

E! ramped up promotion Wednesday by releasing a video of Jenner applying lipstick while sitting at a makeup table. She says for the first time a professional had come in and applied makeup for her. "What a difference," she says.

While driving near



Caitlyn Jenner SCREENSHOT

her California home in the video, Jenner declares: "I'm the new normal."

THE ASSOCIATED PRESS



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Tech behind units of the future

CONDOS
Office towers could be repurposed for community



The new film Tomorrowland premiered in theatres last week, and audiences got a taste of the whimsical, futuristic city of needle-shaped skyscrapers and flying cars.

What is now science fiction is poised to become reality sooner than you might expect, as new technological innovations become standard fare for Canadian homes.

Architects and manufacturers are collaborating with the real-estate and construction industries to devise advanced new products and building materials. Condominiums of the future will be geared towards convenience, safety and the security of their occupants.

Canadian architectural firm Onespace Unlimited specializes in hotel and condominium projects across

the country. In one future-looking concept, the company reimagined a financial district 100 years from now. OneVision is a Tomorrowland-like community where skyscraper office towers are converted into vertical cities, replete with interconnecting skyways, helicopter landing pads and aerial parks.

In the acclaimed 1970s book Future Shock, futurist Alvin Toffler envisioned residents living in vacant office towers. Fast-forward 40 years and Onespace president Rod Rowbotham says it's happening now. He imagines a highly connected world where there's no need to travel or "gather" at a place of work.

"At a moment's notice, you can be sitting in your living room with multiple translucent displays and you can be talking to people in all parts of the country."

As a result, he adds, there will be a lot of surplus office towers, repurposed for community use. Imagine a police station on the 51st floor of a building, for example. "We don't look at architecture as a result of something. Whatever shapes it is happening because of us as people."

Rowbotham says that although the condo industry



ABOVE: A concept by Onespace Unlimited that reimagines the transformation of financial districts into vertical cities with dense living spaces connected by transportation networks.

RIGHT: Talk to your fridge? There's an app for that. LG HomeChat literally lets you chat with your appliances from your mobile device.



CONTRIBUTED PHOTOS

is slow to adapt, these amazing advances are just around the corner.

"All of that interesting technology is out there, but it's not in practice yet. The condo market is a little slow moving when it comes to

adapting to technology."

With the evolution of the Internet of things, uber-smart, network-connected appliances will be standard features in every condo. Software systems are now available that monitor all the de-

vices in your home.

Nest Labs is a pioneer in the area of home automation. Spokesperson Zoz Cuccias says the company has made its innovative learning technology open to independent developers.

+

COMING SOON

Technologies to feature in new developments

Self-healing paint

Imagine your condo painted so you'd never have to touch up scratches again. New paint technologies that employ self-healing polymers are already available on the market.

Solar panel windows

Researchers have developed a fully transparent solar cell that could turn every window into an energy source. The technology also lends itself to exterior siding and pavement. Think of all those condo windows as a mini power plant.

Smart elevators

To save energy, the lights and fan won't run until there are people in the cab. Also, there won't be any buttons to push. That's because the intuitive elevator will know where you intend to go. If you live in the penthouse, the system can use GPS to tell when you're arriving and summon the car to the ground floor.

Car-charging stations

Builders are pre-wiring underground parking lots with electric-car charging stations. DUNCAN McALLISTER

DECOR

Bouquet of fresh floral prints brings spring indoors

Floral motifs pop up every spring in home-furnishing collections, but this year, there seem to be more of them than ever, and they feel particularly fresh.

New York interior designer Elaine Griffin says it began a few seasons back with a movement toward kinder, gentler silhouettes and patterns.

"Design has been trending toward a subtle but high-impact femininity," she says.

Floral chintz is back from the 1980s, but it's a looser, more relaxed version. And the cottage prints that in the past

could be dowdy are more light-hearted. Also in the mix: bold, geometric flower motifs and ethnic floral patterns.

Some vintage prints reinterpret florals through a mid-century lens for a fresh take on both styles. But you'll also find more painterly designs, with a wistful watercolour look.

The new florals can go just about anywhere, says Griffin.

"For conservative spaces, co-ordinate complementary fabrics with the darkest hue in the floral," she says. "For zippier, more modern rooms, bring out the brightest hues

of the pattern."

She advises making over-size floral patterns the star of the room. Pair them with textured solids or subtle stripes, and don't overdo it by adding a bunch of distracting prints.

Be mindful where you plant your flowers, too.

"Avoid florals on big and long-lived upholstered pieces like sofas," says Griffin. "They're a better bet for armchairs, ottomans and window treatments, which you can change more easily if you tire of the pattern."

A bucket chair gets the floral treatment. HOMEGOODS VIA THE ASSOCIATED PRESS

A lavender bloom stars in this bedding set. HOMEGOODS VIA THE ASSOCIATED PRESS

A demitasse features fresh green and white. HOMEGOODS VIA THE ASSOCIATED PRESS



A raised planter box is a great way to add a garden onto your balcony while creating storage.

MICROPRO SIENNA
BY BOB GUNDU

3 hacks for balcony

OUTDOORS

Use of walls, raised planters eliminate 'patio envy'

Carson Arthur
For Metro

Nothing says summer like fresh evening air and a cold drink in your hand. It's the perfect way to wrap up a long day at the office or, better yet, an even longer day at the beach.

But when you're limited by space, relaxation can easily turn to frustration if you haven't got the right setup. I call it "patio envy."

Luckily, we've seen a resurgence of landscaping driven by the millennial generation that favours urban spaces. So it comes as no surprise that we're seeing trends that are scalable to any outdoor space, no matter its size.

Here are my Top 3 hacks to

make the most of your balcony this year:

Think vertically!

It always surprises me how often walls are overlooked outdoors. Vertical walls in a small outdoor space or a balcony are the perfect spot to add character without cluttering the rest of the area. Make the most of yours with vertical gardens or outdoor art. Another great trick is installing a hinged wall-mounted table that gives you extra serving space when needed, or folds away to make room for more seating.

Get growing

Who says you can't garden on a patio? Get beyond terracotta pots with this year's must-have: the raised planter bed. The key is choosing a custom design that makes sense for your space. With DIY here to stay, companies have gotten really good at helping novice builders get started. MicroPro Sienna wood is a fantastic choice for a raised bed because it looks great and it's affordable. Best

of all, it has set new environmental benchmarks, so it won't leach toxins into soil. You can request easy-to-follow plans on its website to get the look.

Maximize empty spaces

Clutter in a small space can easily overwhelm. Take a look at the spaces that aren't being used and make them work for you. My favourite unused space is under benches. Built-in seating on balconies is a great way to add storage for toys, tools, and other outdoor goodies. Not to mention the space under that custom planter! It's perfect for keeping extra blankets and pillows on hand.

Summer is short: take control of your outdoor space this year and get the most out of this beautiful season.

WHEN NOT IN THE DIRT WITH HIS ECO-FRIENDLY LANDSCAPE DESIGN COMPANY, CARSON STAYS BUSY BUILDING, PLANTING, WRITING OR DESIGNING AS A FEATURED GUEST ON CITYLINE. HIS NEW SHOW CRITICAL LISTING IS NOW AIRING ON HGTV CANADA. YOU CAN CHECK HIM OUT AT CARSONARTHUR.COM.

Hotel-like luxe for your guests

DESIGN CENTRE

Karl Lohnes



Expecting friends and family to visit or participating in a little Airbnb this summer? Don't forget these touches that will make your guests' stay feel extra special.

1 Lavender Linen Spray

Freshen up guest room towels and bed linens with a spritz of summer lavender. \$18, Crabtree-Evelyn.ca

2 Barbara Barry Velveteen Suit Hangers

Add some style to your clothing and your closet. \$15/8-pack, BedBathAndBeyond.ca

3 Nespresso C40 Inissia White

One of the smallest espresso machine footprints makes for never needing to leave the guest room in the morning. \$149, Nespresso.ca

4 Concord Round Basket

Offer up a stylish bed-to-bath carrier for those trips to the shower. \$39, EQ3.com

5 Intercontinental Luggage Rack

Turn your guest's luggage into a workable dresser by unfolding a luggage rack. \$149, Bombay.ca

6 Royal Elite Down 50" x 70" Throw

Something cosy without being too warm; a down-filled throw will take off the chill. \$98, Walmart.ca



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Growing the female game

REGISTRY

Hockey Nova Scotia aims for girls to find places to play



Kristen Lipscombe
Metro | Halifax

Changes to the way female hockey is organized across the province will help the game grow, Hockey Nova Scotia executive director Darren Cossar said Wednesday.

Starting in the 2015-16 sea-

son, there will be a new central registry for girls to sign up through, along with six geographical zones that will make it easier for them to find a female team to join in their area, age group and skill level.

"They're being made to make the game better for female players and their families," Cossar said of the administration improvements announced by the provincial Hockey Canada branch Wednesday.

"They've been grouped in and

administered and governed the same way minor hockey is," Cossar explained. "And when you've got 15,000 boys in our province and 1,500 girls, in doing that,



We hope that through this registration process, every girl will have the opportunity to play where their skillset places them.

Hockey Nova Scotia's Darren Cossar

the girls were not getting the proper attention; they were not being catered to."

Geography has long been a challenge for the female game in Nova Scotia, Atlantic Canada and

in other parts of Canada, where there are often fewer options for girls and women to play.

"Our goals (are) to cut the travel as best we can," Cossar said. "These female (committees), part of their goal as we grow this, is to grow the game in their areas."

Hockey Nova Scotia's new female hockey central registry will ensure information is passed on to the appropriate committee overseeing the six different zones, which "will place girls on teams based on their desired

level of play and geographic location," a news release said.

Although Halifax Regional Municipality has used a similar system for the past three years, with local minor hockey associations partnering up to "pool their girls," Cossar said it's time to roll out the plan to the province's more rural areas.

"We want more girls playing the female game," Cossar said. "It's a huge step."

All girls intending to play atom, peewee, bantam or midget for the upcoming season must sign up through the central registry online between June 15 and 30. Visit hockeynovascotia.ca for more information.

IN BRIEF

Multi-Ethnic Sports Hall of Fame to visit Halifax

The Multi-Ethnic Sports Hall of Fame is coming to Halifax.

The group based in California is paying a special visit to Saint Mary's University this week to pay tribute to 12 local community leaders, as part of festivities surrounding the upcoming official opening of the Black Loyalist Heritage Museum in Birchtown. The awards ceremony is set for 6-9 p.m. on Thursday night at the Homburg Centre for Health and Wellness on the SMU campus.

Honourees are Wayne Adams, Bob Boucher, Mel Boutilier, Viola Cain, Bernice Carnegie, Irvine Carvery, Robert Dawson, Taylor Gordon, Sgt. Craig Marshall Smith, Darrell Maxwell, Percy Paris and the late Burnley (Rocky) Jones.

Visit afrosportshall.com for more information.

KRISTEN LIPSCOMBE/METRO

BoSox's Rodriguez the real deal through 2 starts

Eduardo Rodriguez followed up his brilliant major-league debut by allowing one run and two hits in seven innings, and the Boston Red Sox beat the Minnesota Twins 6-3 in the opener of a day-night doubleheader Wednesday.

In his previous start, Rodriguez led Boston to a 5-1 win at Texas in which he left after giving up three hits in 7-2/3 shutout innings. THE ASSOCIATED PRESS

Blatter receives standing ovation from FIFA staff

A day after announcing his decision to resign, Sepp Blatter was back at work at FIFA headquarters on Wednesday as the corruption crisis continued to unfold.

Staff described Blatter as being emotional during a 10-minute address, and said he received a standing ovation.

Meanwhile, Interpol added six men with ties to FIFA to its most wanted list.

The international police force, based in Lyon, France, issued an alert for two former FIFA officials and four executives on charges including racketeering and corruption.

THE ASSOCIATED PRESS



Teuvo Teravainen celebrates the game-tying goal against the Lightning on Wednesday night in Tampa. BRUCE BENNETT/GETTY IMAGES

STANLEY CUP FINAL

Late barrage gives Chicago the edge in opener

If these playoffs have proven anything about the Chicago Blackhawks, it's that they don't go down easily.

A rough start in Game 1 of the Stanley Cup final was merely a stumbling block for the Blackhawks as they came back to beat the Tampa Bay Lightning 2-1 Wednesday night at Amalie Arena to take the series lead.

Teuvo Teravainen and Antoine Vermette scored two goals in under two minutes in the third

period to stun a sellout crowd.

It was a matter of time before Chicago broke through after dominating and testing Ben Bishop for the latter stages of the game.

It was the 14th third-period comeback in these playoffs, according to the NHL.

Bishop finished with 19 saves and Chicago's Corey Crawford had 22. Alex Killorn scored Tampa Bay's lone goal early on a highlight-reel deflection.

GAME 1 In Tampa, Fla.



Game 2 is Saturday night at Tampa Bay.

In the first Cup final game in Tampa since 2004, the Lightning jumped all over the Blackhawks from the opening faceoff. Killorn

shot wide and Valtteri Filppula fanned on two chances in the game's first minute.

Two shifts later, that line of Killorn, Filppula and Steven Stamkos cashed in. Stamkos sent the puck deep into Chicago's end, where Filppula beat Duncan Keith to the puck and got it to Anton Stralman at the point.

As Stralman's shot was fluttering toward the net like a knuckleball, Killorn eyed up the puck and batted it behind his back

and in on a bounce. Just 4:31 in, the Lightning had the lead.

Killorn's goal was his eighth of the playoffs, and his 17th point tied him with Stamkos for third on the team. Teravainen broke up Bishop's shutout bid. The rookie's shot went through a ton of traffic and beat the goaltender clean at 13:28 of the third to tie it.

A turnover by J.T. Brown led to Vermette's goal at 15:26 that gave the Blackhawks the lead.

THE CANADIAN PRESS

MetroTalks Karina LeBlanc



KEVIN TUONG FOR METRO

Canada 'keeper sits down to talk Women's World Cup



Leah Holoiday
Metro|Edmonton

In one month, Karina LeBlanc will hang up her cleats and retire from a 17-year career with the Canadian women's national team.

While the countdown to the close of her career is on — a career that includes an Olympic bronze medal, three Pan American Games and four FIFA Women's World Cup appearances — the Maple Ridge, B.C., product said she has one thing on her mind.

That's Saturday.

The 35-year-old

goalkeeper and her teammates begin their 2015 FIFA Women's World Cup campaign on Saturday against China at Commonwealth Stadium in Edmonton.

After nearly two decades playing the sport, LeBlanc says not much can phase her. However, preparing for a World Cup on home turf can bring back rookie butterflies.

"I don't think anything ever prepares you for that," LeBlanc said at the Metro Edmonton office on Wednesday. "It's not only the pride and proudness of playing in front of your friends, family and

countrymen, but it's the emotions that come with that."

LeBlanc is one of 23 players playing for Canada, ranging in age from 17-year-old

experience, it's the fact that we have this tight family and this family is going to connect in front of the bigger family, which is the country."

The Canadian women's team has come a long way since its struggles at the 2011 World Cup LeBlanc said.

"We gave what we thought was our best and we came dead last," LeBlanc said.

Despite that disappointment, the team was able to regroup and pull together to secure the bronze medal at the 2012 London Olympics.

It is imperative that people don't show up quiet. They show up loud. They show up in red.

Karina LeBlanc

newcomer Jessie Fleming, to veterans Rhian Wilkinson, 33 and Melissa Trancredi, 33.

Despite the age gaps, LeBlanc says the team has fully jelled and ready to compete.

"It doesn't matter your age, it doesn't matter your



"It's incredible all of the different emotions (you experience) in a short time, but I think one of the great lessons is that anything is possible if you believe in it," she said.

With nothing on her mind right now except the World Cup (nope, there's no plan for after retirement quite yet), LeBlanc said she'll be looking to the Canadian crowd to push the team into its highest gear.

"It is imperative that people don't show up quiet. They show up loud," LeBlanc said.

"They show up in red. There will be moments in this World Cup, where Canadians help us win."

+ CONTROVERSY

From concerns over artificial turf to FIFA's bribery scandal, controversy has not been in short supply ahead of the Women's World Cup.

But Karina LeBlanc says her mind is only on the field of play.

"We've worked since the last World Cup every single day for this one and I don't think anything is going to take away from that for us," she said.

Much has been made of the artificial turf being used instead of regular grass.

LeBlanc said the team was always prepared.

"I can't speak for other countries," she said. "Every team is going to bring their best and I think every team has dealt with the issues of turf or grass. I know for us, our focus has been on the World Cup."

LeBlanc says she hasn't paid much attention to the high-level bribery scandal amongst FIFA executives.

"I'm not even focused on that, to be honest. I don't think any of the athletes playing in this tournament are focused on that."

KARINA'S

PICKS

Peanut butter or Nutella? Peanut butter

Favourite food? Mango



Favourite drink? Coconut water

Second favourite sport? Basketball

Person you most admire? My parents

Athlete you most admire? Michael Jordan

Favourite match ever? The final of the 2015 Women's World Cup

Favourite hair colour? Red

Hair spray, mousse or cream? Hair spray

Messi or Ronaldo? (Manuel) Neuer, the goalkeeper from Germany

Breakout star of the World Cup? The Canadian women's national team

City you're most excited to play in? Vancouver

World Cup final matchup? Canada versus the next best team

RECIPE Shrimp and Macaroni Salad



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



Ready in

Prep time: 15 minutes

Cook time: 8 minutes

Ingredients

- 8 oz macaroni or small shell pasta
- 12 oz peeled and deveined raw shrimp
- ½ cup light mayonnaise
- ½ cup low-fat sour cream
- ¼ cup sweet tomato chili sauce or ketchup
- ½ cup minced green bell pepper
- ½ cup minced red bell pepper
- ½ cup minced red onion
- ½ cup chopped fresh dill or parsley
- pinch freshly ground black pepper

Directions

1. Cook the macaroni in a pot of boiling water for eight to 10 minutes, or until tender but firm.
2. Drain, rinse under cold running water and drain thoroughly.
3. If using large or jumbo shrimp, cut into halves. Spray a non-stick skillet with cooking oil and place over medium-high heat. Cook until pink, about two minutes.
4. Combine the mayonnaise, sour cream and chili sauce in a small bowl and mix well.
5. Combine the green and red pepper, onion, dill, pepper, pasta, shrimp and dressing in a serving bowl. Toss to coat well. Chill before serving.

Nutrition per serving

- Calories 394
- Protein 22 g
- Fat 9 g
- Cholesterol 99 mg
- Sodium 283 mg

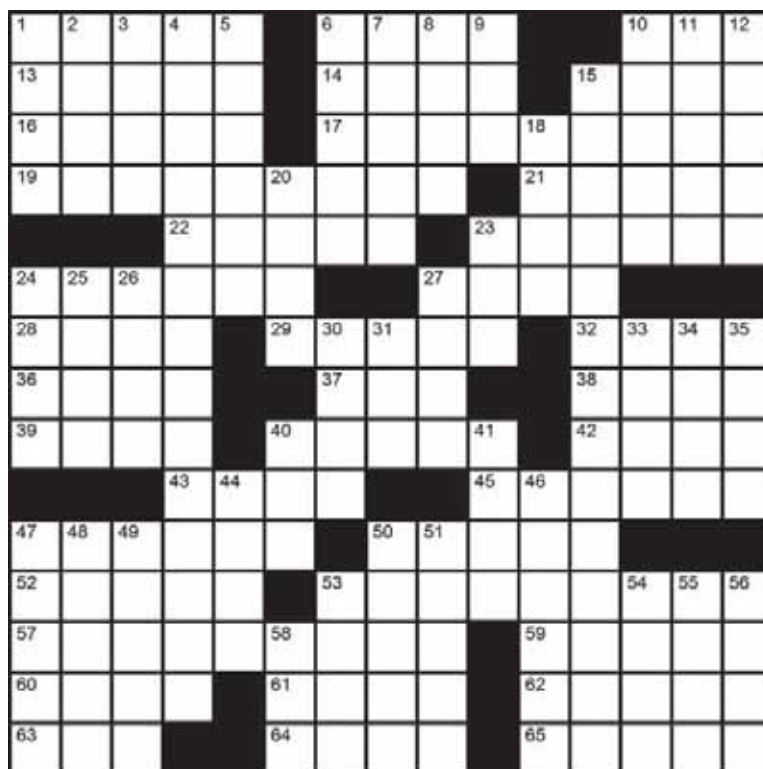
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Big divide
6. Web address starter
10. 'S' in SPCA [abbr.]
13. Espresso style
14. Cincinnati's home
15. Early helicopter
16. Molecular bits
17. Chapped skin product: 2 wds.
19. Great Big Sea song about a real life Beothuk woman of Newfoundland: "___ Dream"
21. ___ & Hawk (Juno-winning band from Winnipeg)
22. Office amounts
23. Ultimate
24. Surrounded by, to The Bard
27. Denpasar is its capital
28. Thought
29. Isolated
32. Voluminous book
36. Fibber
37. ___ break (Away from one's desk)
38. Majestic
39. Gambler's input
40. Peggys ___ Lighthouse (Iconic red-and-white attraction at Peggys Cove)
42. Shindig
43. "___ she blows!"
45. South Amer-



- ican wild cat
47. Vintage girdle
50. Pasture place
52. .pdf files program, ___ Acrobat
53. Cadbury treat a Viking would love
57. ___ of Canada = RBC

59. Celine Dion's asset
60. Peanuts character
61. Ballet movement
62. Plaudit
63. Iron's partner where Peggys Cove is situated: 3 wds.
5. Muddles
6. Boring
7. 1894 Jules Massenet opera
8. Dye
9. Pea's packaging
10. Warfare attack

agendas

DOWN

1. Clothed
2. Really don't like
3. Mr. Egoyan
4. Body of water
5. Pea's packaging
10. Warfare attack

11. Verbal tests
12. Space object
15. Nova Scotia: Some of the Eastern Shore is composed of this rugged stuff: 2 wds.
18. 'Roof' a room
20. Info
23. Business excess
24. Ms. Kunis
25. Norse deity
26. Orderly
27. ___ muffins
30. Broke
31. Singer Ms. DiFranco
33. Iridescent gem
34. Fermented soybean paste
35. Genuine
40. Ms. Benatar
41. Three-___ sloth
44. Scoundrel
46. Fourth wife of Henry VIII, Anne of ___ (b.1515 - d.1557)
47. Movie producer Mr. Ponti
48. Stench
49. Rolls-___ (Posh car)
50. "___ Acapulco" (1963) starring Elvis Presley
51. Tattooed
53. Corduroy line
54. Nastiness
55. Mil. school
56. Soaks flax
58. Country singer married to actress Kimberly Williams ...his initials-sharers

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

With Mars, your ruler, on such excellent form how can you possibly fail? This is one of those occasions when you must take risks, when you must push the limits. For you there are no limits, so light up the sky.

♉ Taurus April 21 - May 21

You will surprise a few people with your tough guy act today. Usually you are placid in the extreme and rarely raise your voice but over the next 24 hours you will go right the other way. Scream and shout!

♊ Gemini May 22 - June 21

If you push yourself hard now you will accomplish more in the next 24 hours than most people manage in 24 days. You won't lack for energy or passion — and if you use your brains you won't lack for anything.

♋ Cancer June 22 - July 23

If you don't get what you want one way, you will get it another — you are in one of your imperious moods, the kind where you can easily intimidate people. No one says "no" to a Cancer — at least not today.

♌ Leo July 24 - Aug. 23

Don't worry about making mistakes, worry only that you might miss out on a glorious opportunity because you were too timid. If you take a chance it will pay off, even if the odds are stacked against you.

♍ Virgo Aug. 24 - Sept. 23

Someone in a position of authority will challenge you to do more and do better today. You will rise to the challenge and show them and the world at large what you can do. Your ambition knows no bounds.

♎ Libra Sept. 24 - Oct. 23

You are in the mood to shock. You want to see the look of amazement on other people's faces when you say or do things they don't approve of. Don't go too far though or even your friends may start to avoid you.

♏ Scorpio Oct. 24 - Nov. 22

A falling out of some kind is likely today and it is unlikely to be very pretty. You have had your fill of being pushed around and now certain people need to learn that you can bite as well as bark.

♐ Sagittarius Nov. 23 - Dec. 21

If you go it alone today you will do okay, but if you work with others you will accomplish ten times as much. Mars urges you to put petty differences aside and join with those who share your ideals.

♑ Capricorn Dec. 22 - Jan. 20

If you find yourself under pressure today you will most likely have brought it on yourself. You have taken on too many duties recently and now you are starting to pay the price. Cut back on your workload.

♒ Aquarius Jan. 21 - Feb. 19

You will find yourself drawn to a person who is strong and powerful and the planets indicate you are a good fit creatively. Get together to work on a project that you both find inspiring.

♓ Pisces Feb. 20 - March 20

Something has stung you into action and you have every intention of making your mark. Your problem most of the time is that you are too sensitive but that won't be such an issue today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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